

## ABSTRACT OF THE INVENTION

A system for reducing human body weight to a permanent optimal weight level comprises a portable kit that includes a plurality of foods with a known total carbohydrate content arranged in an asymmetric spatial arrangement, and spoiling prevention means for keeping the foods from spoiling. The asymmetric arrangement preferably includes a plurality of containers holding the foods and organized such that similar carbohydrate content foods are stored by groups, from a group of largest number of containers with carbohydrate free foods to preferably a single container with a carbohydrate rich food. Optionally, the groups are marked by different colors to provide additional identification of the carbohydrate content.